

WHAT IS CLAIMED IS:

1. An exercise device comprising:

two bases and a connection member connected between the two bases, each base having an end member which has a recess defined therein, and

two posts each being composed of an outer tube and an inner tube which is retractably received in the outer tube, each outer tube having a ball connected to a lower end thereof and the ball being rotatably retained in the recess of the base corresponding thereto.

2. The device as claimed in claim 1, wherein the two posts each have a ring-shaped weight mounted thereto.

3. The device as claimed in claim 2, wherein the outer tube has a first flange on an end opposite to the ball and the inner tube has a second flange mounted thereon, each ring-shaped weight having two notches on two sides thereof so that the first flange and the second flange are respectively engaged with the notches of the weight.

4. The device as claimed in claim 1, wherein the end member of each of the bases includes a positioning recess defined in a wall enclosing the recess and the positioning recess is sized to receive the outer tube therein.

5. The device as claimed in claim 1, wherein the connection member has two open ends and two first holes defined in a top of two ends of the connection member, each of the two bases having a plurality of second holes and the two bases respectively inserted in the two open ends of the connection member, two first pins extending through the two first holes and inserted in the two second holes aligned with the first holes.

6. The device as claimed in claim 1, wherein each of the outer tubes includes a plurality of third holes and each of the inner tubes includes a plurality of fourth holes, two second pins extending through the two third holes of the two outer tubes and inserted in the fourth holes aligned with the third holes.

7. The device as claimed in claim 1, wherein a bar connected between the two posts.

8. The device as claimed in claim 7, wherein a soft sleeve is mounted to the bar.

9. The device as claimed in claim 1, wherein each of the posts has a rod extending transversely therefrom.